

HTM LMS-S099

HTM Vibration Plate Exercise Machine

Model: LMS-S099

1. IMPORTANT SAFETY INFORMATION

Before using the HTM Vibration Plate Exercise Machine, please read this entire instruction manual carefully. Failure to follow these instructions may result in injury or damage to the product.

- This equipment is not intended for use by children.
- Consult a qualified healthcare professional before beginning any exercise program with this device, especially if you have pre-existing medical conditions. These conditions include, but are not limited to, pregnancy, cardiovascular issues, epilepsy, or if you have surgical implants.
- Do not use this product if you have osteoporosis, as indicated in some medical guidelines. Always follow your doctor's advice.
- Ensure the machine is placed on a stable, level surface before operation.
- Keep hands, feet, and loose clothing clear of moving parts during operation.
- Do not exceed the maximum weight capacity of 300 lbs.
- Unplug the machine from the power outlet when not in use or before cleaning.

2. PACKAGE CONTENTS

Verify that all items are present in the package:

- Vibration Plate Exercise Machine x 1
- Remote Control x 1
- Resistance Bands x 2
- User Manual x 1

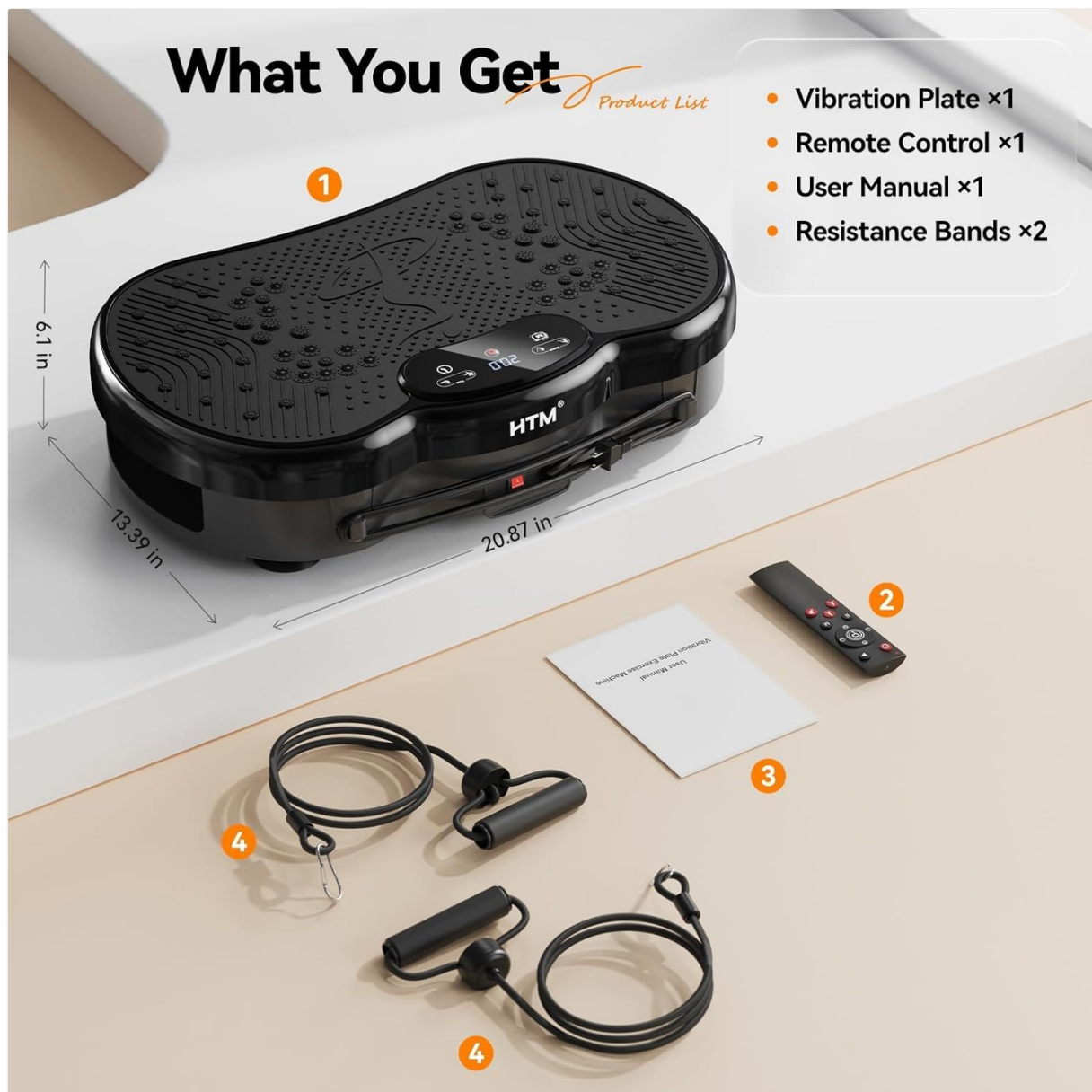


Image: The package includes the vibration plate, a remote control, a user manual, and two resistance bands.

3. PRODUCT OVERVIEW

The HTM Vibration Plate Exercise Machine is designed to provide a full-body workout and relaxation experience through high-frequency vibrations. It aims to activate muscles, enhance flexibility, and improve balance.

Key Features:

- **Whole-Body Activation:** High-frequency vibrations assist in muscle activation for improved flexibility and balance.
- **Integrated Resistance Band Storage:** Features dedicated side slots for convenient storage of resistance bands, keeping them organized and accessible.
- **Intuitive Control:** Equipped with an easy-to-use touch panel display and a remote control for adjusting settings without bending.
- **Variable Intensity:** Offers 120 adjustable speed levels and 9 preset workout programs to customize your session.
- **Quiet and Stable Operation:** Built with noise-reducing technology and non-slip suction cups for smooth, quiet, and stable use.

- **High Capacity:** Supports users up to 300 lbs.

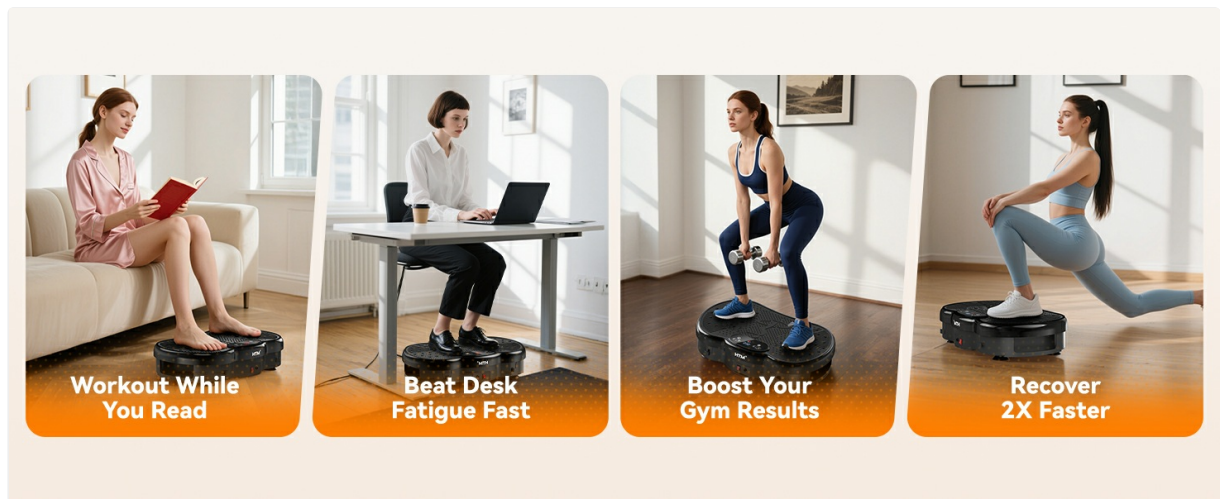


Image: The vibration plate can be used for various activities such as exercising while reading, at a desk, for squats, or for stretching and recovery.

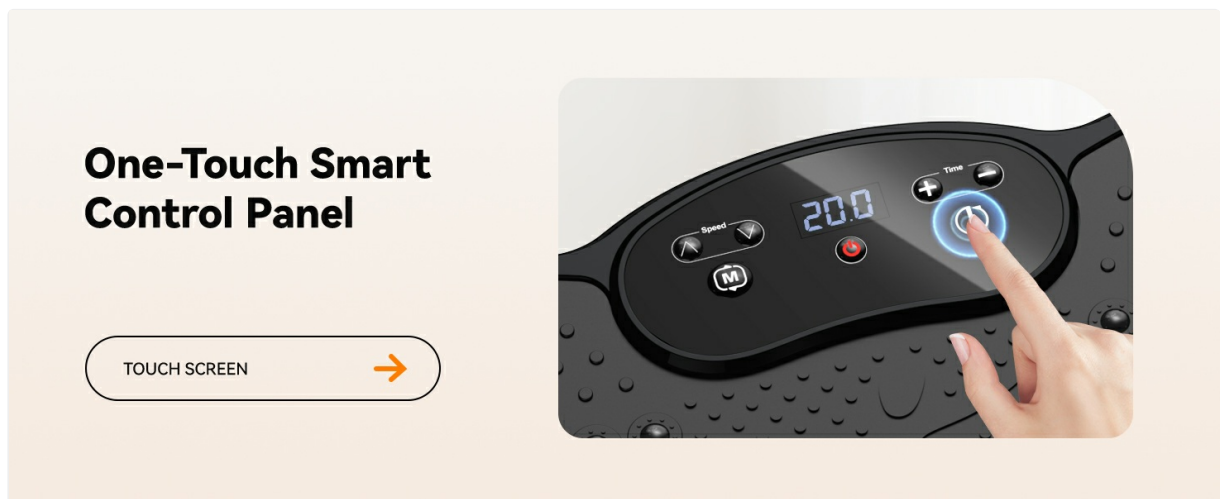


Image: The machine features a quiet and stable design, making it suitable for home use without excessive noise.

4. SETUP

1. **Unpack:** Carefully remove all components from the packaging.
2. **Placement:** Place the vibration plate on a firm, level, and non-slip surface. Ensure there is enough space around the machine for safe operation.
3. **Power Connection:** Plug the power cord into a standard electrical outlet.
4. **Resistance Bands (Optional):** If desired, attach the resistance bands to the designated slots on the sides of the machine.



Image: The vibration plate features a built-in cord hook and hidden storage for resistance bands, promoting organization.

5. OPERATING INSTRUCTIONS

5.1 Powering On/Off

- To power on, press the main power switch located on the side of the machine. The display will illuminate.
- To power off, press the main power switch again.

5.2 Using the Control Panel

The integrated touch panel allows direct control over the machine's functions.

- **Power Button:** Press to start or pause the vibration.
- **Speed +/-:** Adjusts the vibration intensity (1-120 levels).
- **Time +/-:** Adjusts the workout duration.
- **Mode (M) Button:** Cycles through the 9 preset workout programs (P1-P9).



Image: The touch control panel allows for easy adjustment of speed, time, and workout modes.

5.3 Using the Remote Control

The remote control provides convenient access to all functions without needing to bend down.

- **Power Switch:** Turns the machine on/off.
- **Start/Pause:** Initiates or pauses the vibration.
- **Speed +/-:** Increases or decreases the vibration speed.
- **Time +/-:** Adjusts the workout duration.
- **Program Auto Mode (P):** Selects one of the 9 automatic programs.
- **Mode Switching (M):** Toggles between different vibration modes (e.g., Walking, Jogging, Running).

Note: The remote control requires 2 AAA batteries for operation (not included).



Image: The remote control allows for effortless adjustments to speed, time, and workout modes.

5.4 Understanding Speed Levels and Programs

The machine offers 120 speed levels for fine-tuning intensity and 9 preset programs (P1-P9) designed for various fitness goals.

- **Speed Levels:** Adjust manually from 1 to 120 to find your preferred intensity.
- **Preset Programs:** Each program (P1-P9) features a unique combination of vibration speeds and durations, ranging from low-intensity relaxation to high-speed workouts. Refer to the program chart in the manual for details on each program's profile.

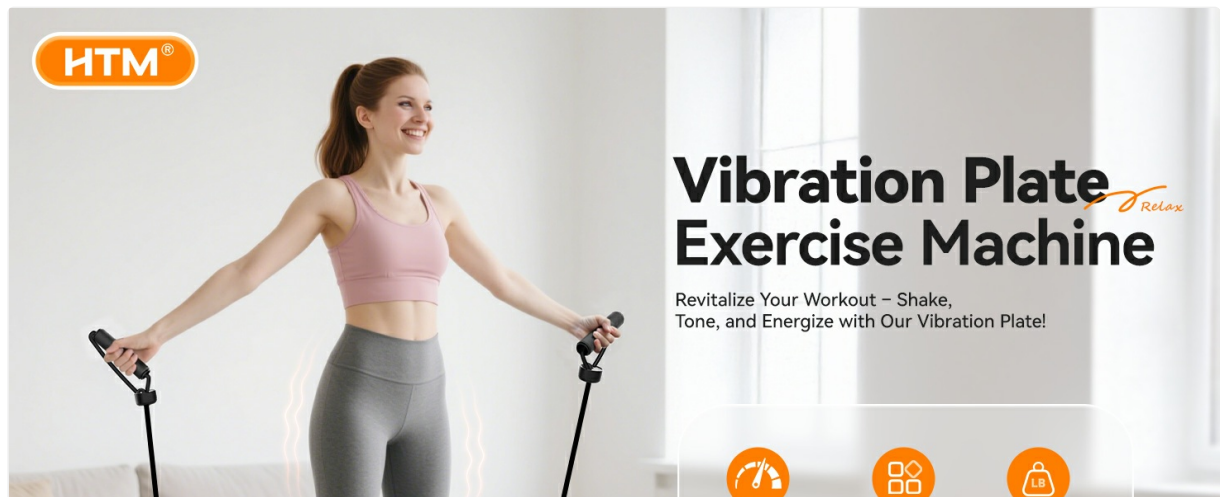


Image: The machine offers 9 smart vibration modes (P1-P9) with varying intensities, suitable for different fitness levels.

5.5 Resistance Band Usage

Attach the included resistance bands to the side slots to incorporate upper body exercises into your vibration workout. This allows for targeting arms, shoulders, and back muscles while benefiting from the vibration.

6. MAINTENANCE

- **Cleaning:** Wipe the surface of the machine with a soft, damp cloth. Do not use abrasive cleaners or solvents. Ensure the machine is unplugged before cleaning.
- **Storage:** Store the machine in a cool, dry place away from direct sunlight and moisture. The compact design allows it to fit under furniture for space-saving storage.
- **Cord Care:** Regularly inspect the power cord for any damage. Do not use the machine if the cord is frayed or damaged. Use the built-in cord hook for neat storage.



Image: The compact design of the vibration plate allows for easy, space-saving storage under furniture.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Machine does not power on.	Power cord not properly connected. Main power switch is off.	Ensure the power cord is securely plugged into both the machine and the wall outlet. Turn the main power switch to the 'ON' position.
No vibration.	Machine is paused. Speed level is set to 0.	Press the Start/Pause button. Increase the speed level using the '+' button on the control panel or remote.
Remote control not working.	Batteries are dead or incorrectly inserted. Remote is out of range.	Replace batteries (2 AAA). Ensure batteries are inserted with correct polarity. Use the remote within close proximity to the machine.
Cannot change speed/mode manually (only cycles through programs).	Operating in a preset program mode.	Ensure you are not in a preset program (P1-P9). Press the 'M' button to switch to manual mode, then use Speed +/- buttons. If the issue persists, consult customer support.
Machine is noisy or unstable.	Not on a level surface. Suction cups not properly engaged.	Place the machine on a flat, hard surface. Ensure all four suction cups are firmly pressed onto the floor.

8. SPECIFICATIONS

Feature	Detail
Brand	HTM
Model Number	LMS-S099

Feature	Detail
Item Weight	11 pounds
Color	Black
Material	ABS Plastic
Product Dimensions (D x W x H)	20" x 12" x 5"
Display	LED
Maximum Speed Levels	120
Workout Modes	9 Preset Programs
Power Source	Corded Electric
Maximum Weight Recommendation	300 pounds

9. WARRANTY AND SUPPORT

9.1 Warranty Information

This HTM Vibration Plate Exercise Machine (Model LMS-S099) comes with a **1-Year Warranty** from the date of purchase. This warranty covers manufacturing defects and malfunctions under normal use. It does not cover damage caused by misuse, accidents, unauthorized modifications, or improper maintenance.

9.2 Customer Support

For technical assistance, warranty claims, or any questions regarding the operation or maintenance of your HTM Vibration Plate Exercise Machine, please contact our customer support team. Refer to the contact information provided on the product packaging or the official HTM website.